

LOPEZ ISLAND

Health Resources Directory

2026

Medical providers, crisis hotlines, hospice,
housing, mental health resources, food programs,
fitness, dentistry, and more.

LOPEZ ISLAND Health Resources Directory 2026

Catherine Washburn Medical Association offers this directory free to all households on Lopez.

It is also available on CWMA's website:
www.catherinewashburnmedical.org under Resources.

Or scan the QR code below.



All information was verified and approved by the groups and organizations listed. To suggest changes or additional listings, please email: lopezhealth@catherinewashburnmedical.org

Please note: all addresses in this directory are located on Lopez Island, WA 98261 unless otherwise specified.

Catherine Washburn Medical Association

Helping Lopez Islanders for 54 years

The CWMA was founded as a non-profit in 1971 to ensure excellent medical care for all Lopez islanders. We began by raising money to build and staff the first clinic and have helped fund all subsequent expansions and remodels. We are proud to continue that relationship as the “behind-the-scenes” partner of Lopez Clinic: helping maintain their equipment, building, grounds, and helicopter pad as well as purchasing new equipment when needed.

We also support these health-related services on Lopez:

- Offering college scholarships for high school students planning to enter the medical field.
- Helping Lopez Island Physical Therapy with rent and equipment purchases.
- Assisting islanders who are experiencing financial need with payment of medical bills.
- Paying nurses’ license renewal fees.
- Helping Lopez Fire and Emergency Medical Services with equipment purchases and the cost of EMT training.
- Assisting Lopez Island Pharmacy with their search for new owners.

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24-Hour Crisis Hotlines

Domestic violence or sexual assault: (877) 715-1563

Fire, rescue, and medical: 911

Mental health emergency: (800) 584-3578

Suicide and crisis hotline: 988

Suicide hotline for veterans: (800) 273-8255

UW Medicine Primary Care

Lopez Island Clinic

UW Medicine operates Lopez Island's primary care clinic in partnership with Catherine Washburn Medical Association (CWMA) and the Lopez Island Hospital District (LIHD).

Walk-in appointments are available every day that the clinic is open. Based on medical necessity, our clinical team helps determine the best care plan which may include a walk-in appointment, scheduled appointment, telemedicine (online video appointment) or other form of care.

Telemedicine appointments are available from 8 am - 8 pm, seven days a week from anywhere in Washington state. They are an excellent way to speak directly with a provider.

Speak with a nurse at Lopez Clinic during regular hours by calling the clinic at (360) 468-2245 x2 or by sending a MyChart message to the care team.

On-call nurses are available by phone 24-hours-a-day, seven days a week, 365 days a year. Call the clinic at (360) 468-2245 and follow the on-call nurse prompt.

Comprehensive Healthcare Services:

Acute illness

Chronic disease management

Injury care

Interpreter services during visit

On-site x-ray, EKG, and lab testing

Pediatric care and checkups

Preventive healthcare and screening

Primary care

Sports and employment physicals

Telemedicine (online video appointment)

Phone: (360) 468-2245

Press 2 to be connected to the Lopez clinic

Fax: (360) 468-2856

Hours: Monday - Friday, 8 am - 5 pm

Street address: 103 Washburn Place

Website:

www.uwmedicine.org/locations/primary-care-lopez-island

MyChart Website: www.uwmedicine.org/mychart

Lopez Fire and Emergency Medical Services

Lopez Fire Department and EMS is on call 24 hours a day for fire, rescue, and medical emergencies.

Services:

Car accidents

House fires

Medical emergencies

Mental health crisis

Rescues

Wild fires

Emergency: 911

Phone: (360) 468-2991

Office hours: Monday - Thursday, 8:30 am - 4:30 pm

Street address: 2228 Fisherman Bay Road

Website: www.lopezfire.com

Lopez Island Physical Therapy

Rehabilitation therapy for back pain, neck pain, shoulder injuries, hand and foot injuries, knee pain, joint replacements, balance, pelvic floor weakness, osteoarthritis, stroke recovery, and more.

Services:

Balance and gait training

Manual therapy techniques:

 Joint mobilization

 Manual traction

 Soft tissue mobilization

Moist heat, ultrasound, and paraffin bath therapy

Therapeutic exercise

Phone: (360) 468-4382

Fax: (360) 468-2193

Hours: Monday - Friday, 8 am - 5 pm

Street address: 192 Lopez Road

Mailing address: P.O. Box 881

Website: www.lopezislandpt.com

Access to Baby and Child Dentistry

(ABCD)

Available to Lopez children insured by Washington Apple Health (Medicaid), this program connects low-income families with dentists providing free dental care to children from birth to age 6, and to children with developmental disabilities administration (DDA) through age 12.

Phone: (360) 378-4474

Email: kristenr@sanjuancountywa.gov

Website: www.abcd-dental.org

Bayview Dental

Bayview Dental is a full-service dental practice located in Lopez village.

Services:

Bridges

Cleaning

Composite fillings

Comprehensive treatment planning

Crowns

Diagnosis and treatment of periodontal disease

Extractions

Full exams

Implants

Mouth guards

Partials/dentures

Snore/apnea appliances

Tooth whitening

Veneers

Phone: (360) 468-2551

Hours: Monday - Thursday, 8 am - 4 pm

Street address: 157 Village Road

Email: office@bayviewsmiles.com

Website: www.bayviewsmiles.com

DentALL

DentALL brings mobile and on site dental care directly to the Lopez Island community. We provide preventive and limited restorative services for patients of all ages, making it easier for people to receive care without the challenges of transportation or scheduling. Our focus is on offering accessible dental care right where patients are, helping support the overall health of the community. Scheduling this through the LIFRC.

Phone: (360) 468-4117

DentistLink

A free referral service connecting people insured with Apple Health (Medicaid) and uninsured individuals to free or low-cost dental care in our area. Se habla Español.

Phone: (844) 888-5465

Email: kristenr@sanjuancountywa.gov

Website: www.dentistlink.org

Islander Resort Workout and Spa

A small local gym open to residents and tourists.

Services:

Hot tub

Swimming pool

Workout machines

Phone: (360) 468-2233

Street address: 2864 Fisherman Bay Road

Website: www.lopezfun.com

Lopez Fit

Lopez Fit is a non-profit community gym in Lopez village.

Services:

Cardio and strength machines

Circuit training

Classes

Free weights

Personal trainers

Phone: (360) 468-3199

Hours: Weekdays 7 am - 6 pm

Saturdays 7 am - 12:30 pm

Street Address: 23 Pear Tree Lane

Email: info@lopezfit.org

Website: www.lopezfit.org

Lopez Strength and Conditioning

Gym located in Lopez village.

Services:

Fitness classes

Personal training by appointment

Self-entry

Taekwondo

Teen athlete classes

Phone: (360) 499-1385

Hours: Open everyday, self entrance

Address: 2262 Fisherman Bay Road

Lopez “Weeks” Garage, South Bay entrance

Email: lopezstrengthandconditioning@gmail.com

Website: www.lopezislandgym.com

Yoga

Chair Yoga for Seniors with Jessica Velo

Location: Online

Phone: (360) 620-2437

Website: patreon.com/jessicaveloyoga

Creaky Yoga Chair Class

Location: Grace Church, 70 Sunset Lane

Hours: Monday and Thursday, 10:45 - 11:45 am

Website: www.creakyyoga.org

Creaky Yoga Mat Class

Location: Grace Church, 70 Sunset Lane

Hours: Monday and Thursday, 9:15 - 10:15 am

Website: www.creakyyoga.org

Yoga and Certified Yoga Therapy, Llewellyne Arden

Integrative approach to healing body, mind, and spirit through movement, breath, meditation, and Ayurveda. Specializing in Parkinson's, lower back care, prenatal yoga, and respiratory conditions.

Phone: (360) 298-8485

Website: www.vitalityyogatherapy.com

Yoga with Nikyta Palmisani

Location: Down Dog Studio, 3042 Center Road

Email: nikytapalmisani@gmail.com

Website: nikytapalmisani.wordpress.com/yoga

Food Share

Lopez Food Share is a local food pantry providing everyone on Lopez Island access to healthy, nourishing fresh produce, dairy, dry goods, meat, and more.

Services:

Food donations welcome

Home delivery option

In-person shopping

 Wednesdays, 11:30 am - noon, for seniors

 Wednesdays, noon - 4 pm, for the general public

Phone: (360) 809-0468

Street address: 1008 Dill Road

Email: pedro@lifrc.org

Website: www.lifrc.org/foodshare

Alternative Healthcare

Llewellyne Arden: Therapeutic Breathing, Preparation-for-Birth Coach, Birth Doula

Phone: (360) 298-8485

Website: www.vitalityyogatherapy.com

Julienne Battalia: Acupuncture, Chinese herbs, Cranial Sacral, Nutritional Counseling

Phone: (360) 298-5313

Email: laib@protonmail.com

Website: healingenergyartslopez.com/julienne-batallia/

Aimee Nassoiy: Myofascial Balancing, Cranial Sacral Therapy

Phone: (360) 840-5164

Email: anassoiu@yahoo.com

Lori Lee Saille: Feldenkrais, Laughter Wellness, Tapping, Nutritional Consultation

Phone: (360) 721-5054

Email: llsaille201@hotmail.com

Elena Zubulake: Body-Mind Coach, Holistic Nutrition Coaching

Phone: (458) 246-7089

Website: healingenergyartslopez.com/elena-zubulake/

Early Childhood Education and Assistance Program

The Early Childhood Education and Assistance Program (ECEAP) helps children and families who have limited financial resources receive the education services they need.

Services:

Customized curriculum

Family support

Free school meals

Health screenings

High-quality teacher and child interactions

Kindergarten readiness assistance

Nutrition, health, and parenting education

Phone: (360) 643-6239

Email: chelsieg@sanjuancountywa.gov

Website:

www.sanjuancountywa.gov/2326/ECEAP-Families

Heart & Soul Recovery Café

Regular circles of peer support for individuals 18+ held at Grace Community Church in a chemical-free, non-judgmental space. Free community meal served Tuesday and Friday evenings at 5:30 pm.

Services:

Meetings for men and women

Meetings in English and Spanish

Peer and professional support

Hours: Tuesdays & Fridays 4 -7 pm, dinner at 5:30 pm

Location: Grace Episcopal Hall, 70 Sunset Lane

Website: www.lopezheartandsoul.org

Bilingual Program Coordinator: Rafael Velazquez

Email: rafael@lifrc.org

Outreach Coordinator: Ariella Adams

Email: ariella@lopezheartandsoul.org

Hospice Northwest

Hospice professionals come to your home to work with you, and those caring for you, to plan end-of-life care and support.

Services:

Bereavement support
Caregiver education and support
Family services and coordination
Pain and symptom management
Skilled personal care
Spiritual care
Veteran-centered services

Phone: (360) 814-5550

Street address: 227 Freeway Drive, Suite A
Mount Vernon, WA 98273

Email: hospice_info@hospicenw.org

Website: www.hospicenw.org

Lopez Island Family Resource Center

The LIFRC provides services and resources to support the basic needs of everyone on Lopez Island.

Services:

Advocacy

Early childhood learning

Food programs

Health and wellness

Household support

State applications for basic food and medicaid

Veterans services connection

Youth enrichment

Youth learning

Phone: (360) 468-4117

Hours: Monday - Thursday, 9:30 am - 4 pm
Fridays by appointment

Street address: 23 Pear Tree Lane

Mailing address: P.O. Box 732

Website: www.lifrc.org

Lopez Island Home and Hospice Support

A volunteer-based group of neighbors helping neighbors to live safely at home and stay involved in the community.

Services:

Bereavement support

Free loan of medical equipment: canes, walkers, crutches, shower chairs, etc.

Grants for small projects which increase safety in and around the home.

Household assistance

Respite care

Social visits and companionship

Special projects

Trash and recycling pick up

Phone: (360) 468-4446

Hours: Monday – Thursday, 9 am – 2 pm

Street address: 178 Weeks Road

Mailing address: P.O. Box 747

Website: www.lihhs.org

Luci B. Wellness Van

San Juan County's Luci B. Wellness Van periodically comes to Lopez to provide public health services for island residents.

Services:

Community outreach and education
Health and nutrition education
Immunization clinics
Reproductive health counseling
Wellness screening

Phone: (360) 378-4474

Hours: By appointment

Website:

www.sanjuanco.com/1917/Luci-B-Community-Wellness-Van

Massage and Reiki

Adriane L. Allred: Massage

Email: deepbluesolemassage@gmail.com

Megan LeBoutillier: Massage

Phone: (360) 298-2978

Email: boutibodyworx@gmail.com

Hannah Rose: Massage

Office: 265 Lopez Road, Suite E

Phone: (360) 317-8513

Website: hannahrose.amtamembers.com

Susie Teague: Reiki

Phone: (360) 298-8665

Email: whispersofnatureherbs@pm.me

Wendy Westervelt: Reiki and Reflexology

Phone: (360) 480-4619

Email: wendyreikidoula@gmail.com

Elena Zubulake: Massage

Website: healingenergyartslopez.com/elena-zubulake/

Project Access Northwest

This nonprofit connects vulnerable and uninsured individuals in Washington with hospitals, specialty medical care, dental, and behavioral health services.

Services:

Premium Assistance program helps eligible islanders who are experiencing financial hardship purchase private health insurance on the Washington Health Benefits Exchange

Pro Bono Counseling program helps connect uninsured and underinsured individuals with mental health care services

Phone: (206) 788-4204

Website: www.projectaccessnw.org

Respite Support for Caregivers

This program allows unpaid caregivers providing home care for a friend or family member to take a break from their caregiving responsibilities.

Services:

To give caregivers a rest, the service arranges a temporary stay for the patient at Hamlet House on Lopez or in a similar facility on the mainland.

Phone: (360) 468-2421

Email: ronib@sanjuancountywa.gov

SAFE San Juans

This program supports survivors of domestic violence and sexual assault while working to reduce abuse.

Services:

Free, confidential services for survivors and their loved ones including:

24/7 crisis intervention

Advocacy and counseling

Legal advocacy

Medical advocacy

Professional mental health counseling

Safety planning and shelter

Support and advocacy for family and friends

Support groups

24-hour hotline: (360) 468-4567

Phone: (360) 468-3788 Mon. - Thurs., 9 am - 4 pm

Office Address: 262 Weeks Road, Unit C

Hours: by appointment

Website: www.safesj.org

SJC Reproductive Health Services

San Juan County provides services for women who are pregnant or considering becoming pregnant.

Services:

Confidential pregnancy testing

Education

Pregnancy intention screening

Referrals for follow-up care

Reproductive health and contraceptive counseling

Phone: (360) 370-7511

Email: stephanes@sanjuancountywa.gov

Website:

www.sanjuancountywa.gov/2260/Reproductive-Sexual-Health

SJC Vaccination Clinics

San Juan County Health Department offers sliding-scale flu, covid, and other routine vaccinations for children, individuals under age 19, and uninsured adults. No one is turned away for lack of ability to pay.

Note: Adults with insurance should contact their primary care provider or pharmacy to schedule immunizations.

Phone: (360) 378-4474

Hours: by appointment

Website: www.sjchcsimmunizationscheduling.as.me

Women, Infants & Children Program

(WIC)

WIC helps families access healthy food and provides support for pregnant women, new and breastfeeding moms, and children age five and under.

Services:

Breast pumps

Breastfeeding education, support, and contact with moms

Health screenings and referrals

Ideas about how to enjoy family time together

Identification of health risks

Immunization screenings and referrals

Information and resources to keep breastfeeding after going
back to work or school

Kid-friendly recipes + tips about feeding your children, and
improving your family's health and nutrition

Measuring growth, height, weight, and blood iron levels

Nutrition advice for feeding children with food allergies

One-on-one appointments with a lactation consultant

One-on-one free counseling with a nutritionist

Referrals to other services

Phone: (360) 298-5140

Email: candaced@sanjuancountywa.gov

The Hamlet Cottages

1- and 2-bedroom cottages for rent in Lopez Village for Lopez residents and their loved ones age 55 and older.

Services:

Community garden

Exercise room

Gathering Place communal “living room” for residents

Phone: (360) 468-2620

Street address: 229 Village Road

Mailing address: P.O. Box 785

Email: director@lopezhamlet.com

Website: www.lopezhamlet.org

Hamlet House Adult Family Home

Lopez Island's only adult family home.

Services:

24-hour care

Common living room, dining room, and kitchen

Housekeeping and laundry services

Medication supervision

Three home-cooked meals daily

Phone: (360) 468-3800

Street address: 273 Village Road

Email: hamlethouse@rockisland.com

Website: www.lopezhamlet.org

Housing Lopez

A local non-profit working to solve the rental housing crisis on Lopez by building and offering stable, affordable, rental housing.

Mailing Address: P.O. Box 493

Email: housing@housinglopez.org

Website: www.housinglopez.org

Lopez Community Land Trust

Established in 1989, LCLT is a non-profit that builds a diverse, sustainable Lopez Island community through affordable housing, sustainable agriculture, and other dynamic rural development programs.

Services:

Affordable Housing

Electric Vehicle Carshare

Farm Products Guide

Grain CSA

Sustainable agriculture and forestry

Phone: (360) 468-3723

Street address: 25 Tuatara Road

Mailing address: P.O. Box 25

Email: lclt@rockisland.com

Website: www.lopezclt.org

Westview Apartments

Affordable apartments in Lopez village available through HUD to low-income individuals who meet income and eligibility requirements.

Street address: 452 Lopez Road

Phone: (360) 468-3821

Local Hospital Listings

Island Health, Anacortes

Phone: (360) 299-1300

Address: 1211 24th Street, Anacortes, WA 98221

Website: www.islandhealth.org

Peace Island Medical Center, Friday Harbor

Phone: (360) 378-2141

Address: 1117 Spring Street, Friday Harbor, WA 98250

Website: www.peacehealth.org

Friday Harbor Taxi provides free rides from the ferry landing to Peace Island Medical Center.

Phone: (360) 298-6108

Skagit Valley Hospital, Mount Vernon

Phone: (360) 424-4111

Address: 300 Hospital Parkway
Mount Vernon, WA 98274

Website: www.skagitregionalhealth.org

PeaceHealth St. Joseph Medical Center, Bellingham

Phone: (360) 734-5400

Address: 2901 Squalicum Parkway
Bellingham, WA 98225

Website: www.peacehealth.org

Medical Transportation Services

Air Ambulance Services

Paid membership programs that fly islanders to mainland hospitals in case of a medical emergency. The programs cover out-of-pocket costs like co-pays and deductibles for those whose health insurance has an ambulance benefit.

Airlift Northwest

Phone: (888) 835-1599

Website: www.uwmedicine.org/airliftnw

Island Air Ambulance

Phone: (360) 378-2376

Website: www.islandairambulance.com

LifeFlight

Phone: (800) 982-9299

Website: www.lifeflight.org

Angel Flight West

A volunteer organization that arranges donated flights and ground transportation for those with non-emergency healthcare or other compelling needs.

Phone: (888) 426-2643 (Answering machine)

Website: www.angelflightwest.org

Alcoholics Anonymous

Regular, local, confidential meetings for individuals seeking to free themselves from alcohol and addiction issues.

Phone: (360) 468-4302

Email: aaonlopezisland@gmail.com

Compass Health

Compass Health coordinates mental health and primary care providers, peer counselors, first responders, and community organizations to help individuals needing physical, psychological, medical, and emotional support receive the treatment they need.

Services:

- 24-hour crisis prevention and intervention
- Adult outpatient or residential treatment
- Affordable housing assistance
- Community education
- Comprehensive mental health treatment
- Counseling and support for children and families
- Homeless support
- Medication management
- Outpatient substance use treatment
- Psychiatric evaluation
- Transition programs

24-hour crisis line: 988

Phone: (360) 378-2669

Hours: by appointment

Website:

www.compasshealth.org/location/lopez-island-office

Mobile Crisis Outreach Team ***(MCOT)***

This team of mental health professionals is available 24 hours a day to help individuals who are experiencing a mental health crisis. Offering phone or in-person crisis support with follow up counseling and referrals. No out-of-pocket cost for these services.

Services:

Crisis intervention

Involuntary treatment assessment

On-going support

Resource referrals

Crisis line: (800) 584-3578

Lopez crisis responder: (360) 682-4138

Physical danger: 911

Recovery Navigator Program: (360) 200-7660

Suicide hotline: 988

Navigator website:

www.compasshealth.org/services/rnp

Mobile crisis team website:

www.compasshealth.org/services/mcot

Mental Health Resources for San Juan County:

www.gethelpwashington.com

Therapists and Counselors

Kristin Fernald

Phone: (360) 468-3785

Website: www.kristinfernald.com

Paul Lewis

Phone: (360) 472-0028

Email: pathintegral.counseling@gmail.com

Amy Ray

Phone: (808) 345-5127

Website: www.goldencircleco.org

Sarah Trelease

Phone: (917) 733-6407

Email: sarahtreleasecounseling@gmail.com

Nancy Utt

Phone: (425) 503-5183

Carol Anne Weiss

Text: (360) 472-1643

Email: carolanneweiss@gmail.com

Lopez Island Pharmacy

Lopez Island Pharmacy offers a full range of prescription and pharmacy-related services.

Services:

Braces

Cold and cough medicine

Emergency and after-hours service

First aid supplies

Oral and foot care products

Prescriptions

Travel prescriptions

Vaccinations

Vitamins

Phone: (360) 468-2616

Fax: (360) 468-3825

After hours: (360) 468-2616, press 5

Hours: Monday - Friday, 9 am - 6 pm

Closed 12:30 pm - 1:30 pm for lunch

Street address: 352 Lopez Road

Mailing address: P.O. Box 190

Email: rph@lopezislandpharmacy.com

Website: www.lopezislandpharmacy.com

Lopez Island Hospital District

Lopez Island Hospital District is a community-created governmental entity providing supplementary financial support to healthcare providers such as the Lopez clinic, Lopez Island Physical Therapy, and other organizations.

Phone: (360) 468-1845

Hours: by appointment

Street address: 262 Weeks Road, Suite B

Mailing address: P.O. Box 976

Email: superintendent@lopezislandhd.org

Website: www.lopezislandhd.org

Lopez Senior Services

Senior Services provides a wide variety of programs, resources, and services to those age 60+ on Lopez.

Services:

Case management

Education programs

Farmer's Market food voucher program for low-income seniors

Grow-A-Row free produce

Hot lunches Tuesday and Thursday at 11:30 am

Information and referrals

Listing of independent caregivers

Meals-on-Wheels

Monthly family caregiver support group

Monthly foot care clinic

Monthly hearing tests

Produce delivery to homebound seniors

Senior Signal newsletter

Transportation vouchers for ferries and taxi services

Phone: (360) 468-2421

Fax: (360) 468-3021

Hours: Tuesday - Friday, 9 am - 3:30 pm

Street address: 4102 Fisherman Bay Road

Mailing address: P.O. Box 154

Email: ronib@sanjuancountywa.gov

San Juan County Sheriff's Office

Mission: Protect the lives, rights, and property of all people through crime prevention and enforcement of the law with equity and dignity for all.

Services:

Collaborating with community members, partner agencies, and community organizations to create a safer environment for everyone in San Juan County.

Emergency: 911

Phone: (360) 378-4151

Street Address: 96 2nd Street North

Friday Harbor, WA 98250

Mailing Address: P.O. Box 669

Friday Harbor, WA 98250

Website: www.sanjuancountywa.gov/344/Sheriff

Join us in our mission to keep Lopez healthy!

As an all-volunteer non-profit organization, Catherine Washburn Medical Association is funded 100% by donations and memberships. We could not do the important work of supporting healthcare services here without you.

Annual membership is just \$50 per household. Thank you in advance for renewing your membership. From each of us on the CWMA board, thank you for your generosity! Together we will continue the good work of keeping Lopez healthy.

Katherine Bryant Ingman, President

Taya Higgins, Vice President

Anne Hall, Secretary

Jeff Clark, Treasurer

Bob Bucholz

Randall Dickson

Candace Downey

Kerby Phelps

Bill Post van der Burg

To make a tax-deductible donation and learn more,
please visit our website:

www.catherinewashburnmedical.org

P.O. 309 Lopez Island, Wa 98261
cwma@catherinewashburnmedical.org